

MEN'S CLASSIC T-SHIRT

T-shirts are easy fitting, as there are no fiddly darts or complicated panels. The neckline is finished off with a jersey band, and the T-shirt can be sewn either on a regular sewing machine with a zigzag stitch or on an overlocker

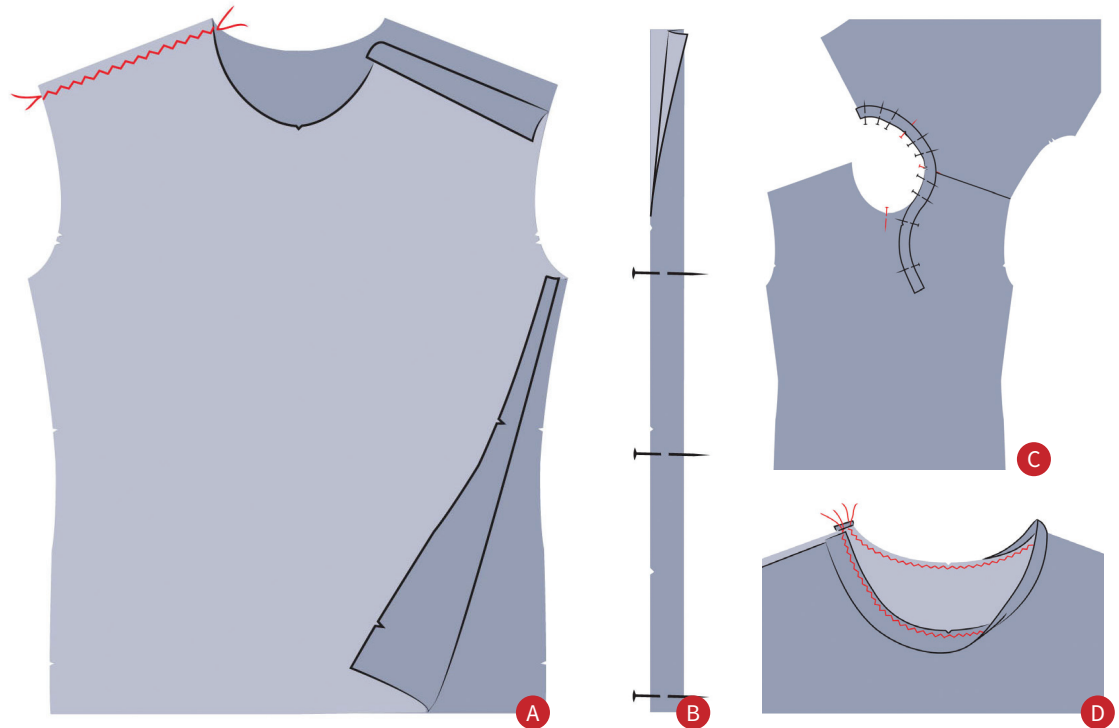
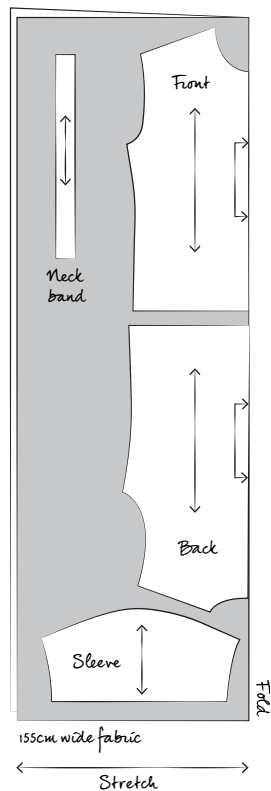


It's great to be able to sew for the men in your life, and this is a real wardrobe staple created by our very own columnist Claire-Louise Hardie

The Great British Sewing Bee: Fashion with Fabric, is published by Quadrille Publishing Ltd, priced £25



CUTTING:



NOTES:

>FABRIC SUGGESTIONS

Stretch knit fabric such as interlock and jersey, with 25% stretch; this project is not suitable for Lycra or very stretchy jersey.

>SEAM ALLOWANCES

You can sew this T-shirt either on a regular sewing machine using a zigzag stitch or with an overlocker. The seam allowance is 1cm for either method. If you use a regular machine, you don't need to worry about finishing off the raw edges as interlock doesn't fray. Use a ballpoint needle if sewing on the machine, and a ballpoint twin needle for the hems.

>CUTTING

It's important to get the fabric laid out so that the direction of the fabric's stretch runs around the width of the pattern pieces, not up and down the length. If your fabric has a directional print or surface pattern, lay the front and back pattern pieces out following the same orientation. Both the front and back of the T-shirt need to be cut on a folded edge of the fabric.

SIZING:

FINISHED MEASUREMENTS	XS	S	M	L	XL
CHEST	94cm	99cm	104cm	109cm	115cm
CHEST	37cm	39cm	41cm	43cm	45.25cm

Skill level ♥♥

MATERIALS:

- ♥ 1.5m jersey fabric
- ♥ 30cm iron-on stabilising tape

How to make:

- Trace off the pattern pieces – front, back, sleeve and neckband. Cut out and transfer any pattern markings to the fabric. Mark the centre front and centre back with notches, too.
- Following the manufacturer's instructions, apply a strip of iron-on stabilising tape to both of the back shoulder seams, within the seam allowance. This will stop the shoulders from stretching out of shape when the T-shirt is worn.
- With RST, place the front piece over the back. Pin and then stitch the left shoulder with a 1cm seam allowance. Press the seam towards the back. Turn the joined pieces RS facing up. (See Pic A.)



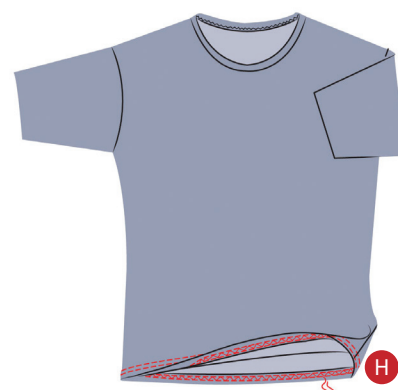
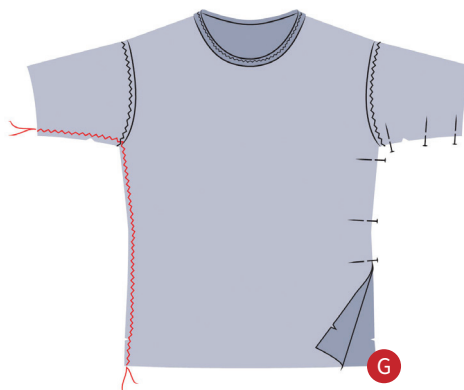
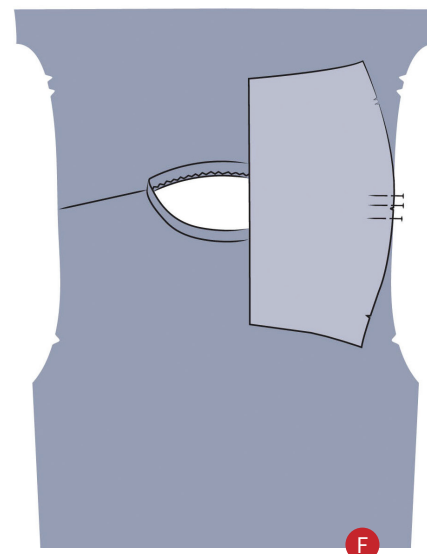
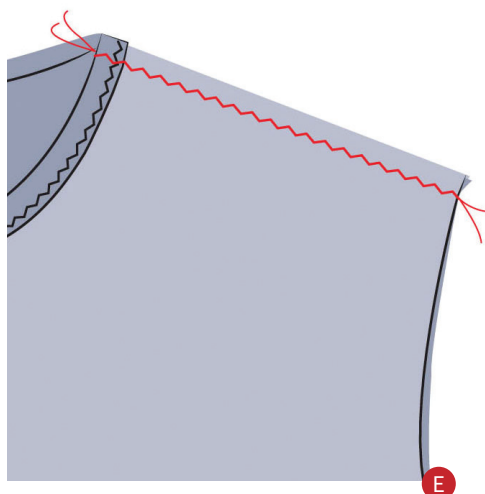
- Fold the neckband piece in half lengthways, with WST. Press the fold in place and then pin along the length to hold it together. (See Pic B.)
- Aligning the raw edges, pin the folded neckband to the RS of the neckline at the marked centre front, centre back and shoulder seam marks. Gently stretch the band and pin in between these points until the whole band is pinned in place. (See Pic C.)
- Sew the band to the neckline. Press the neckband up, so that the folded edge is away from the seamline, making sure the

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seam is well pressed towards the inside of the neckline. Top-stitch around the neckline through the band seam allowance to secure, if you wish. (See Pic D.)

7 Pin and sew the front to the back at the right shoulder seam, making sure that the folded edges of the neckband sit perfectly on top of one another, so that they become a smooth, unbroken line once sewn. Press the shoulder seam towards the back. (See Pic E.)

8 Lay the T-shirt flat, with the RS facing up. With RST, matching the double notches on the sleeve with those on the back of the armhole, and the single notches on the sleeve to the front armhole, pin the sleeve all around the armhole. Stitch the sleeve in place, then repeat on the opposite side. (See Pic F.)



9 Fold the T-shirt in half at the shoulders, RST. Pin the side and underarm seams, matching the side notches, the edges of the bottom hem and the sleeve ends. Stitch one continuous seam from the hem through the armhole to the end of the sleeve. (See Pic G.)

10 With the T-shirt inside out, fold and press a 2.5cm hem around the bottom of the T-shirt. Turn the T-shirt so the RS faces up and pin the pressed hem in place. Fit a stretch twin needle to your sewing machine and thread using your second spool holder. Again working from the RS, sew the hem in place, following the 2cm seam allowance guide on the throat plate of your machine. (See Pic H.)

11 Hem the sleeves in the same way, pressing under a 1.5cm hem to the wrong side of both sleeve edges and following the 1cm seamline on the throat plate of your machine.

DOUBLE TROUBLE

How to use a twin needle

1 Replace your regular needle with the twin needle – this is exactly the same principle as changing any needle – and ensure a wide mouth machine foot such as a zigzag foot is attached to your machine.

2 Thread the left needle eye as you would normally.

3 Your machine will hopefully have come with a second spool pin. Place your extra spool pin onto the bobbin winder shaft or in the designated slot for the pin and put your second thread spool in place.

If you don't have a second pin, all is not lost! You can tape a chopstick or pencil to the side of your sewing machine as a temporary solution, so long as the spool will fit over the top.

4 Thread the right needle using your second spool of thread. Just thread this in the same way you would a normal needle, but don't pass the thread through the thread guide/bar above the needle for this spool. Easy peasy! Now you're ready to start sewing.